

**Swampscott Council on Aging Board Meeting**  
**Minutes**  
**October 10, 2023**

Received by Town Clerk  
November 14, 2023, 12:02pm

In Attendance: Marilyn Cassidy, Barbara DiPietro, Andrea Liftman, Marie Yannaco-Grant and Heidi Whear in person. Jennifer Nisbet and Robert Powell in attendance on ZOOM.

Meeting called to order by Marilyn Cassidy at 9:05 AM.

Minutes of the September 5, 2023 meeting were reviewed. Heidi asked for comments or concerns. She gave updates on items in the Minutes. It was an over-sight that the Center was not invited to the Active Shooter Training. The grant the Town had submitted to request funds for panic buttons was not funded. Approval was moved by Andrea Liftman, seconded by Barbara DiPietro. Unanimously approved.

1. Dining Update:

- A bid has been received that is within the funded line item of \$150,000.
- Board discussion of "climate friendly" option to utilize a 48" electric stove versus a gas stove. Full board in agreement to utilize the electric option.
- Lunches are served 4X's/week, Theo cooks on Tuesday and Friday. The High School provides the food for the meal on Wednesday and Thursdays which Penny serves.

2. Program Update:

- Social Day
  - It is a four-hour day and the cost is \$40.00/per day, inclusive of lunch.
  - Goal is to expand the program from 4 participants to 6 participants.
  - Andrea Liftman volunteered to help Heidi explore funding options to fund the expansion of the program.
  - Four volunteers are in place and this is going well.
  - Heidi to do a presentation at Mass Council on Aging regarding the Social Day Program.
  - IMPORTANT to note, this is a social support program, not a medical model.
- Student Interns:
  - Two High School Interns will be starting at the Senior Center.
  - Interns will help with writing grants.
  - Interns will assist with many groups supporting seniors, particularly inter-generational groups.
  - Interns will receive 2.5 credits for this internship.
  - Interns will be reaching out to isolated seniors.
- OMA Grant - Opening Minds through Art:
  - Two year, Title II Grant funded by GLSS.
  - Collaboration between Swampscott High School Health Classes and Siobhan McDonald, certified trainer in Dementia.
  - Siobhan to train the students who will come to the Senior Center and work 1:1 with a person struggling with Dementia to create an art project.
  - There will be three, six week sessions.
  - Each session will culminate with an Art Show at the end of the six weeks.
- Game Changers:
  - Evening dinner and Trivia was planned with the LaCross Team and Seniors from the center.
  - Jauron Foundation funded the dinner,
  - LaCross time was part of their Community Service.

- Football Team is now interested in providing an evening experience.

3. Outreach:

- Two Yoga Classes have now been scheduled.
- Holiday Outreach:
  - Bret Henry will be providing the meal.
  - This year's gifts will be "Emergency Preparedness" items, flashlights, batteries, etc.

4. Transportation:

- Still seeking a candidate with a CDL.
- Heidi has an interview with Sharon Thomas for one of the van openings.
- Heidi and Bob continue to work on a pilot program for Marblehead, parts of Lynn and Swampscott to fund Lyft Rides for those in need. Program would subsidize 200-250 rides/month in Swampscott.
- Heidi was asked to re-submit the grant to Mass Council on Aging that was not funded last year.

5. Volunteer Promotion:

- Collaborations with Seaglass Village continue.
- Board members spoke positively of the offering and field trips.

6. Swampscott for All Ages:

- Bob Powell and Heidi are working on a presentation for a new community center that would be multi-generational. They have asked the town to fund a feasibility study, for \$100,000, to determine what the center would look like, where it might be and what might be included.
- Dementia Friendly Initiative:
  - Siobhan McDonald and Lauren Shaw have completed most of the sessions.
  - Training with *Dementia Friendly America* can be done in person or on ZOOM.
  - Discussion of re-visiting the "purple reservation" concept with town restaurants. Restaurant staff would be trained on how to be more inclusive of customers struggling with dementia.

7. Additional Information:

- DRAFT of the Annual Report Fiscal Report 2023 was distributed.

Motion to adjourn meeting by Andrea Liftman, second by Barbara DiPietro. Unanimously approved and the meeting adjourned at 9:55 AM.

NEXT MEETING: November 14, 2023 @ 9:00 AM at the Senior Center.

Respectfully Submitted,  
Marie Yannaco-Grant